

Washington Seniors Wellness Center Calendar 2022

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010

COVID Test & KN95 Mask Pick Up:
Mondays 1:00pm - 3:00pm
Fridays 1:00pm - 3:00pm



September is....

- Labor Day
- First Day of Fall Sept 22nd
- National Cholesterol Education Month
- National Food Safety Month
- Healthy Aging Month
- National Preparedness Month
- Pain Awareness Month
- Prostate Cancer Awareness Month
- Dental Implant Month
- Sepsis Awareness Month
- Suicide Prevention Awareness Month
- World Alzheimer's Month
- National Nutrition Week (Sept. 1-7)
- 9/11/2001 The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons, and destroying the Twin Towers in New York and a section of the Pentagon in DC

New Member Orientation with Shymee
Every Tuesday 2:00pm-3:00pm

On Zoom:
Enter Meeting ID: 928 7552 9202
Call In #301-715-8592 or 646-558-8656
Password: 083339

*** Activities subject to change**
**** Masks and Proof of vaccination required**
Box Lunch Service will discontinue on 9/30.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Sept. 9 10:30am-2:00pm <i>Cheesecake Factory Restaurant Wisconsin Ave, NW Wash.DC</i> Sept. 16 1:00pm-3:00pm <i>Travel to the Congress Heights SWC to attend a Jazz Band Event w/ Sandra Johnson</i> Sept.19 10:00am-12:00pm <i>National Portrait Gallery: I Dream a World Exhibit: Selections from Brian Lanker's Portraits of Remarkable Black Women</i> Sept. 23 9:30am-12:00pm <i>Amish Market Brown Station Rd. Upper Marlboro, Md</i></p>	 <p><i>*In Center Activities. See Deyanne Nicholas for details</i> Sept. 1 Write a Letter Day Sept. 2 National Doodle Day Sept. 8 National Read a Book Day Sept. 8 National Grandparents Day Sept. 13 National Peanut Day Sept. 15 National Make a Hat Day Sept. 22 First Day of Fall Project Sept. 26 International Day of the Deaf Sept. 27 National Scarf Day</p> <p>New ACTIVITIES</p>  <p>Line Dancing w/Rita</p>	 <p>Highlights <i>See upcoming event sheet for more details</i> Sept. 12 11:00am-2:00pm Center <i>On Site Kidney Screening by GW Hospital</i> Sept. 20 12:00pm-1:00pm Center <i>Fall Prevention Trivia Games hosted by Home Care/DACL Coalition</i> Sept. 21 1:00pm-3:00pm Center <i>WSWC End of Summer Jam</i> 10:30am-12:30pm Center <i>Computer Bingo with the Deanwood Library</i> Sept. 22 9:00am-3:00pm Center <i>Trinity University Hosting a Fall Prevention Event</i> Sept. 27 1:00pm-3:00pm Center <i>Birthday Celebration for July, August, and September birthdays</i> Sept.27 1:00pm-3:00pm Center <i>DC Department of Transportation; Transportation Survey and giveaways.</i> 2:30pm-3:30pm, Center <i>Craft Class w/ Candice Make your very own Blanket Woven Basket</i></p>	<p>9:00am - 9:45am Center Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee(see event details)</p> <p>10:00am-1:00pm Center DC Library Resources w/Margarete</p> <p>10:30am-11:30am Center Chair Exercise w/ Linda Grymes</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:30pm-2:30pm Hybrid Tai Chi w/ Jerry - YMCA</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee & Chef Herb (see event details)</p>	<p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Center Line Dancing with Rita</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">5</p>  <p style="text-align: center; font-size: 2em;">Both</p> 	<p style="text-align: right;">6</p>  <p style="text-align: center; font-size: 2em;">Days</p> 	<p style="text-align: right;">7</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee</p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>11:00am-12:00pm Hybrid WSC Members Assembly Meeting</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm - 4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm - 6:30pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">8</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle</p> <p>10:00am-1:00pm Center DC Library Resources w/Ms. Margarette</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee <i>(see event details)</i></p> <p>10:30am-11:30am Center Chair Exercise w/ Linda Grymes</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:30pm-2:30pm Hybrid Tai Chi w/ Jerry - YMCA</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee <i>(See event details)</i></p> <p>3:00pm-4:00pm Hybrid Community, Health, Nutrition w/ Shymee <i>(see event details)</i></p>	<p style="text-align: right;">9</p>  <p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>10:30am-2:00pm Field trip <i>Cheesecake Factory Restaurant</i></p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Center Line Dancing w/ Rita</p> 
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WASHINGTON SENIORS WELLNESS CENTER
COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE
& SPECIAL EVENTS

THURSDAY

Sept. 1 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier in recognition of Food Safety month Topic: Food Safety (Learn when to discard old spices, food in the cabinet, meaning of expiration date on packages etc.

Sept 8 10:00am-11:00am Hybrid Blue Rock Care Presenter: Dr. Alka Gupta, MD, Topic Holistic approach to Wellness.

Sept 8 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee Topic: In recognition of Papaya Month: Discussion about nutritional /health value of Papaya

Sept 8 3:00pm-4:00pm Hybrid Dept. of Securities, Insurance & Banking: Presenter Mr. Idriys Abdullah/Consumer Protection Advocate Topic: Housing Security Resources

Sept. 15 11:00am-1:00pm Center Tech Talk with Adrian Topic: Need assistance with texts, picture taking, emailing etc. bring your Phone, laptop, iPad. into the center.

Sept. 15 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb Topic: In recognition of Mushroom Month: Discussion about nutritional/health value of Mushrooms Food Demo: Bake Chicken with Mushroom Sauce.

Sept. 15 3:00pm-4:00pm Hybrid In recognition of National Cholesterol Month the National Black Nurses Association Presenter: Ms. Lois Bowman Retired VA Nurse & WSWC Member Topic: Cholesterol from A-Z and any new developments.

Sept 22 10:00am-11:00am Hybrid Medstar Washington Hospital Center Presenter: Dr. Christine Gross Topic: Monkey Pox (what you need to know)

Sept 22 9:00am-3:00pm Center Trinity University Representatives will spend the day at the WSWC devoting time to various activities and information sharing sessions around Fall Prevention

Sept 22 2:30pm-3:30pm Center Nutrition Session w/Shymee and Chef Herb. Topic: Tofu and its nutritional value and Food Demo: Curry & Barbeque Tofu

Sept 29 10:00am-11:00am Medstar Hospital Center in recognition of National Pain Management Awareness Month Presenter: Dr. Vinayak Jain Topic: Got Chronic Pain (learn how to manage it)

Sept 29 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb. In recognition of Whole Grain Month discuss nutritional/health value of whole grain products and Food Demo: Quinoa Cakes.

Sept. 29 3:00pm-4:00pm Hybrid Panacea Center Presenter: Veronica Wilson -Certified Health & Wellness Coach **Activity:** Creating A Wellness Vision Board. Vision boards give you a clear direction for where you want to go in several areas of your life. A wellness vision board should encompass the visualized outcomes of dietary, physical activity, stress management, and overall health and wellness improvements.



MONDAY

Sept. 12 11:00am-2:00pm Center

George Washington University Hospital Ron & Joy Kidney Center will conduct an onsite Kidney screening to detect for kidney disease. Through the use of a blood test the results will show how well your kidneys are doing their job and how quickly the waste is being removed.

Sept. 26 2:30pm-3:30pm Craft activity with Candice. Theme: Harvest Memories with Baskets & Blankets. Activity: Make your very own blanket woven basket and enter the Hillcrest Basket & Blanket Contest) Your creation will go on display on October 1 & 2 for Hillcrest Day 2022

TUESDAY

Sept. 13 10:00am-11:00am Hybrid Alzheimer's Awareness Month. Alzheimer's Association Presenter: Mr. Michael Watson Topic: Facts about Dementia; signs, living with the illness, Dr. involvement legal & financial implications.

Sept. 20 10:00am-11:00am Hybrid In Recognition of National Sepsis Awareness Month with the Medstar Washington Hospital Center Presenter: TBA Topic: What is Sepsis and what are the medical implications of this.

Sept. 27 10:00am-11:00am Hybrid In recognition of Emergency Preparedness Month DACL Partnered with Homeland Security& Emergency Presenter: Rep from Emergency Preparedness topic: What to do in case of a emergency (Earthquake, Hurricane, Snowstorms, Tornado, Terrorist attacks on US soil (i.e. 911) etc.

Sept 27 1:00pm-3:00pm Center DC Dept of Transportation (DDOT) will be on site to conduct surveys with the members regarding Transportation needs and provid giveaways

Sept 27 1:00pm-3:00pm Center Quarterly Birthday Celebration with CFSA & DACL for our July, August, Sept Birthdays. Lots of fun and Line Dancing with Rita

WEDNESDAY

Sept 21 10:30am-12:30pm Center Deanwood Library **Activity:** Computer Bingo (Try Go) Presenters: Melissa Davis & Assistants will use bingo to help familiarize you with computer terminology

Sept. 21 1:00pm-3:00pm Center WSWC End of Summer Jam featuring the Side-by-Side Band and dancing. Please bring a contribution with you for the WSWC School Supply Drive to help our neighboring schools,

